
❖ The Strawberry Vine ❖

Alice E. Souza,
Executive Director

September, 2004

Tel. 508-823-0095
www.dighton-ma.gov

SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

The purpose of the Council on Aging is to help and serve it's seniors. There is no membership. Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

SHINE COUNSELORS NEEDED

SHINE, a program designed to assist all Medicare beneficiaries to understand their Medicare and Mass Health benefits, is in urgent need of volunteer counselors. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas of health insurance including Medicare, Medigap insurance, Medicare HMO's, retiree insurance plans, prescription drug programs, Medicaid, Medicare assistance programs, and other programs for people with limited financial resources. The next SHINE training dates are October 4th, 8th, 13th, 15th, 19th, 20th, 28th and November 17th. All training dates must be attended to successfully complete the SHINE training. SHINE counselors can explain insurance coverage, discuss what insurance is available, what bills to pay, help fill out insurance forms, and provide a valuable resource and service for the elder community. Qualifications: Counselors must possess strong communication skills, be respectful of the client's rights to confidentiality, be willing to learn and retain information relevant to health insurance matters, and be willing to volunteer 4-8 hours a month. Currently the SHINE program is in urgent need of counselors. Anyone interested in becoming a counselor may contact Lisa Sarkis, Regional Director, at 508-222-1399.

OPEN ENROLLMENT

Prescription Advantage is a prescription drug insurance plan that is available to all Massachusetts residents age 65 and older, as well as younger individual with disabilities. Members pay premiums, deductibles and co-payments based on their gross annual household income. Prescription Advantage places an annual out-of-pocket spending limit on the amount members pay in deductible and co-payment amounts toward their prescriptions. Eligibility: Massachusetts residents who are not receiving prescription drug benefits under Medicaid and are age 65 or older; or under age 65, work 40 or fewer hours per month, meet CommonHealth disability guidelines and have gross annual household incomes at or below 188% of the Federal Poverty level. Enrollment: Individuals age 65 or younger can join at any time during the year. Those age 66 and older can only join during an Open Enrollment period. Prescription Advantage will conduct an open enrollment period beginning on September 1 through September 30, 2004. Applications must be RECEIVED no later than September 30, 2004. Completed applications with proper documentation received in the month of September will have an effective date of coverage of November 1, 2004. Applications can be obtained by calling 508-823-0095.

DIGHTON'S OLDEST RESIDENT

Just a few of Lena Bleau's family, friends and well wishers were at her home on Pearl Street earlier this summer to celebrate two major events in Lena's life. The first being Lena's 100th birthday; and the second, her achievement on becoming Dighton's oldest citizen. Lena turned 100 years old on May 5th of this year and the Dighton Historical Society was on hand to present Lena with the prestigious Boston Post Cane. Please join us in wishing Lena a very happy birthday!!

PROPERTY TAX EXEMPTION

Are you having trouble paying your property taxes? Would you like to learn how you may be able to reduce your property taxes? As a registered voter, you can play an important role in qualifying for an exemption. Please join Assessor David Long on Monday, September 27, 2004 at 10:00 a.m. in Lincoln Village to learn more about it. You must be a part of the process to make it happen! Please help us to help you.

SUPPORT OUR SCHOOL

Dighton Elementary School is collecting General Mills Box Tops, Tyson frozen chicken product end flaps (which say ***Project A+ Support Your School***) and Campbell's Soup labels. These labels are redeemed for cash which enables the school to purchase equipment and other necessary items that benefit all students. You can contribute to this effort by cutting out the above brand items and depositing them in one of the Box Tops for Education receptacles. Collection boxes are located in town at the Elementary School, Bank of Fall River, Curves, Johnny's Market and right here at Lincoln Village. Thank you for your support!

WEBSITE

Don't forget to check out the Town of Dighton's new website at **www.dighton-ma.gov**. You'll find useful Council on Aging information under the "Boards and Committees" link.

FREE HEARING SCREENING

A free hearing screening will be held at Lincoln Village at 9:00 a.m. at the September 21st Wellness Clinic. An Audiologist will be on hand to give a presentation on hearing loss, and perform free minor repairs to hearing aids.

SILVER SCREEN CLASSICS

Don't miss this month's Silver Screen Classic! On Tuesday, September 7th, at 1:00 p.m. "Union Station" starring William Holden, will be the feature presentation. The admission cost is only \$1.00 and includes coffee, snacks, popcorn and soda. This movie will be shown at Showcase Cinemas 1 through 10, Route 114 in Seekonk, MA. Get there early!

**SENATOR PACHECO
AT LINCOLN VILLAGE**

Senator Mark Pacheco, or a representative, will be at Lincoln Village on the second Thursday of every month. Office hours will be held from 1:00 to 2:00 p.m. barring a scheduling conflict. If you have any needs or concerns that his office can help you with, come to Lincoln Village on Thursday, September 9th at 1:00 p.m.

BLOOD PRESSURE/SUGAR SCREENING

Blood pressure and blood sugar screenings will be held on Tuesday, September 21, 2004 at Lincoln Village. Please call 508-823-0095 for an appointment. The next blood sugar screening will be held in December.

“WELLNESS CLINIC”

A wellness clinic will be held on Tuesday, September 21st during our blood pressure and blood sugar screening. The scheduled topic to be addressed will be “Hearing Loss.” Feel free to drop by.

MASSAGE THERAPY

A chair massage is a 15 minute Japanese Acupressure massage of the head, neck, shoulders, back, arms, and hands. The recipient is fully clothed and sits comfortably in a specialized therapeutic chair. The massage reduces muscle tension and calms the nervous system. Licensed Massage Therapist, Karen Tripp will be on hand from 9:00 a.m. to 10:00 a.m. at the September 21st wellness clinic. If you would like to try a “chair massage”, mini sessions will be offered for \$5.00 on a first come, first served basis.

SOJOURN BEAR PROJECT

For those of you who helped make sojourn bears in the past, classes will start up again on Monday, October 18, 2004. If you aren't familiar with this project, a sojourn bear is an original, handmade teddy bear made by caring volunteers to be distributed to cancer patients everywhere to help provide comfort during a very difficult time. If you'd like to be a part of this worthwhile project, come and join us on October 18th. These sessions are held in the Lincoln Village Community Center from 10:00 a.m. to 12:00 noon. We can always use people to help sew, cut and stuff these adorable teddy bears.

DIAL A RIDE

Are you in need of transportation? GATRA's dial a ride is available to you. An approved application is required first, so don't wait until you need a ride, call today (508) 823-8828. Rides cost \$1.25 each way or you can purchase a 10-ride pass for \$10.00.

LET'S GET PHYSICAL

Exercise Classes will resume on Monday, September 13, 2004 and will be held every Monday and Wednesday morning at 9:00 a.m. in the Lincoln Village Community Center. Classes just \$2.00.

TAI CHI

Tai Chi classes are held every Friday at 9:00 a.m. in the Lincoln Village Community Center. Did you know that Tai Chi is a fun way to help you maintain or regain your balance and posture? This is a great way to help prevent osteoporosis! Why not think about adding Tai Chi to your regular weekly exercise program? Classes only \$3.


LINE DANCING

Line Dancing Classes will start up again on Thursday, September 16, 2004 at 10:00 a.m. in the Lincoln Village Community Center. Lessons only \$2.00. Come on out. It's a fun way to exercise!

LIFELINE

What is lifeline? Lifeline is an easy-to-use personal response service that ensures that older adults living at home get quick assistance whenever it is needed—24 hours a day, 365 days a year. It's very simple to use. When you need help, you just press the waterproof Personal Help Button you wear as a pendant or wristband. Within seconds, a certified Lifeline monitor responds, assesses the situation and summons appropriate help. For more information please call 1-888-284-6633.

September 2004

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| Delicious, nutritious meals at Prime Time. Please call 24 hours in advance for reservations. | School's Open Drive Safely  | 1) Pokeno, cribbage @ 1:00 pm at L.V. | 2) Walking Club At Town Hall | 3) Walking Club Tai Chi @ 9:00 Lincoln Village |
| 6) Closed Labor Day | 7) Walking Club at Town Hall <i>Silver Screen Classic</i> | 8) Pokeno, cribbage @ 1:00 pm at L.V. | 9) Senator Pacheco at Lincoln Village 1:00 | 10) Tai Chi @ 9:00 Lincoln Village |
| 13) <i>Exercise @ 9:00</i> Walking Club at Town Hall | 14) Walking Club at Town Hall | 15) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm at L.V. | 16) Walking Club at Town Hall Line Dancing @ 10 | 17) Tai Chi @ 9:00 Lincoln Village |
| 20) <i>Exercise @ 9:00</i> Walking Club at Town Hall | 21) Wellness Clinic Blood Pressure/Sugar Hearing Screening @ 9 Massage Therapy @ 9 | 22) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm at L.V. | 23) Walking Club at Town Hall Line Dancing @ 10 | 24) Walking Club Tai Chi @ 9:00 Lincoln Village |
| 27) <i>Exercise @ 9:00</i> Walking Club At Town Hall Tax Info 10:00 | 28) Walking Club at Town Hall | 29) <i>Exercise @ 9:00</i> Pokeno, cribbage @ 1:00 pm at Lincoln Village | 30) Walking Club at Town Hall Line Dancing @ 10 | Need transportation? Call Dial-A-ride (508)823-8828 |

Many Services are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks and much more. If you have any questions at all concerning elder affairs please do not hesitate to call. We are here to help! Do you have any ideas that might improve what we are already doing or what we could be doing? Please call 823-0095 and let us know.

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

Dighton Council on Aging
300 Lincoln Avenue
North Dighton, MA 02764

Executive Director:
 Alice E. Souza
 Board Members:
 Harold Mendoza
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